



Soccer Camp

Summer Soccer Camp at Rotary Park

Philosophy: The camp will offer an exciting soccer experience with an emphasis on fun, skill development, tactics and competition. Concentration will be placed on establishing basic skills such as shooting, trapping, dribbling and building upon these skills through staff demonstration and instruction. The camp will emphasize technique tactics in an intense training environment. The camp will be divided to age and skill level, so the content of the camp as well as the intensity will be structured to meet the varying needs of the different participants.

Camp Staff: Jerry Riggs – North Carolina Olympic Development State Coach and former Mount Olive College Men's Soccer Coach and local high school coaches and players and college players.

Equipment: All participants should wear comfortable clothing for soccer, must wear shin guards, and bring a soccer ball and a water bottle.

When: June 10 – June 13

Where: Rotary Park (2200 Mayberry Loop Road)

Time: 9:00am – 12noon

Ages: 4 – 15 Boys & Girls

Registration Deadline: Friday, June 7

Cost: \$65.00

Please make checks payable to: MCPRD **Send to:** 706 Arendell Street, Morehead City, NC 28557

For more information: Contact Jerry Riggs 726-5083 Ext. 4 or jriggs@bizec.rr.com. Registration will be accepted at the Morehead City Parks & Recreation Department office located at 1600 Fisher Street.

Daily Schedule

9:00 – 9:10	Warm up / Stretch
9:10 – 9:35	Small Sided Game
9:35 – 9:40	Water Break
9:40 – 10:05	Technical / All Camp Warm Up
10:05 – 10:15	Water Break
10:15 – 10:40	Training Session
10:40 – 10:45	Water Break
10:45 – 11:10	Small Sided Game / Demo
11:10 – 11:15	Water Break
11:15 – 11:40	Training Session
11:40 – 11:45	Water Break
11:45 – 12:00	Small Sided Game / Cool Down

Monday	Dribbling
Tuesday	Trapping/Receiving/Passing
Wednesday	Shooting
Thursday	Heading

